

Biotherapeutic Healing and Drainage UNDA Numbers

The History of UNDA Numbers. The formulation of the UNDA numbers is credited to George Discrì, Dr. Louis Reuter, and Dr. Anthoine Nebel in Switzerland during the 1920s and 1930s. Originally there were formulas for over a thousand remedies, but Discrì gradually reduced the formulations to those that seemed to work best in clinical practice. UNDA means undulating water or water wave.

The UNDA numbers are a unique combination of homeopathic formulas that have been used effectively for both acute ailments and chronic diseases. These homeopathic combinations of plants, and in some cases, metals work in a variety of ways to help the body rebalance. The formulations are based on anthroposophical principles, metallurgy knowledge from old alchemists, the principles of classical Chinese medicine and classical homeopathy. Not only can UNDA numbers be used to treat presenting symptoms but also deeper miasmatic predispositions.

Therapeutic Actions. The regular use of UNDA numbers in chronic conditions will permit drainage of congested organs and support the optimal function of the liver, kidney and natural organs of elimination (emunctories) such as the intestines, skin, lungs, bladder and mucus membranes of the stomach, pancreas and genitalia. The deep cleansing action of the UNDA remedies enhance enzyme systems and enable tissues to return to proper function. Each remedy has a specific target—either an organ, a miasm, or physiological function and are prescribed based on an assessment of organ systems.

In acute conditions, UNDA numbers have a detoxifying effect by stimulating a healing reaction, i.e. making a fever more efficient and/or opening the emunctories of the body and allowing drainage. When the body wants to eliminate toxins, the circulatory system needs an acid pH relative to the tissues. This normally happens at night, while we sleep.

The UNDA numbers are not intended to replace single homeopathic remedies. They can be used concurrently or as intercurrent remedies.

How to Take UNDA Numbers. The UNDA numbers are typically prescribed as a combination of three (sometimes four) remedies at the same time. The remedies are taken for a total of three weeks, then one week off. Since homeopathic medicines send a particular “message” to the body, the following guidelines should be followed.

- 1. Take __*_drops__*_ times daily, directly into your mouth and hold under your tongue for 30 seconds to one minute. Then swallow. Repeat this consecutively for each number prescribed.**

It is easiest to dispense the drops by turning the bottle upside down with the cap tightly sealed. Then remove the cap and the drops easily flow from the bottle. Be sure not to touch your mouth to the dropper. For children, you may also place the drops in a small amount of filtered water or natural fruit juice without sugar. For infants, drops may be placed in the belly button or in the forearm fold. DO NOT heat the drops or place in hot water. Temperatures above 120° F will destroy the homeopathic medicine.

- 2. Always take the UNDA numbers at least 15 minutes away from other foods, medicines or anything else that may leave a residual taste in your mouth.**

It is important to always take homeopathic remedies alone, as the flavor of other substances may interfere or nullify the actions of the medicines.

- 3. Strong tasting or strong-smelling substances such as mint, camphor, and coffee should be avoided while taking UNDA numbers.**

Many toothpastes contain mint, and many lip balms contain camphor. Homeofresh, Homeodent and some varieties of Tom's toothpaste do not contain mint.

- 4. Store your UNDA numbers away from strong-smelling substances.**

Bottles should be stored in a cool area away from the light and strong-smelling substances. Airport X-rays should not harm UNDA medicines.

- 5. Remedies should be used under the care of a health care practitioner in pregnancy or during lactation.**

Consult your health care practitioner prior to using UNDA numbers if you are pregnant or breast feeding.

* For acute conditions 5 drops of the medicines are taken six times per day. For chronic conditions, 5 drops of the medicines are taken three times per day.

This material has been adapted from Biotherapeutic Drainage using the UNDA Numbers, Dick Thom, DDS, ND, JELD Publications, Portland, OR, 2003.